

Portsmouth Naval Shipyard is proud to sponsor  
the 2nd Annual

**Ironman Command Challenge**

Portsmouth Naval Shipyard

Portsmouth, NH

June 15, 2012

0830-1500

Each Command is allowed one team. That team will consist of five members. Each member of the team will run the entire course then tag the next person until the last person on the team crosses the finish line. The top four teams with the lowest times will compete in the finals.

**Obstacles consist of :**

Monkey Bars- Just like the playground but for big kids

Low Crawl- Get low and go

Core Strength Bridge- two parallel platforms 5' apart hands on one side feet on the other

Kettle Bell Shuttle- 30lb, 40lb, 50lb on one end and you have to get them to the other one at a time using two hand grip and a safe lift

Side Shuttle sprints- sprinting sideways through a maze of cones

Quick Step Tire run- back to the good old days of football practice

Sled Pull- one sled 8 feet of rope and a bunch of sandbags

Crunch Ball- it's like doing inclined crunches while trying to play basketball

For more information contact ETC (SS) Richard P. Warren at 207-451-7445

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